

Name: _____

ORANGE BELT

Tested: _____

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|------------|--|-------------------------|
| ___/___() | 1. CLUTCHING FEATHERS (front left hand hair grab) | 1 st stripe: |
| ___/___() | 2. TRIGGERED SALUTE (front right hand direct push) | 2 nd stripe: |
| ___/___() | 3. DANCE OF DEATH (front right straight punch) | 3 rd stripe: |
| ___/___() | 4. THRUSTING SALUTE (front right step through kick) | 4 th stripe: |
| ___/___() | 5. GIFT OF DESTRUCTION (front right handshake) | |
| ___/___() | 6. LOCKING HORNS (front right headlock) | |
| ___/___() | 7. LONE KIMONO (front left hand lapel grab) | |
| ___/___() | 8. GLANCING SALUTE (front right hand cross push) | |
| ___/___() | 9. FIVE SWORDS (front right step through roundhouse punch) | |
| ___/___() | 10. BUCKLING BRANCH (front left step through kick) | |
| ___/___() | 11. SCRAPING HOOF (full nelson) | |
| ___/___() | 12. GRIP OF DEATH (left flank right headlock) | |
| ___/___() | 13. CROSSING TALON (front right cross wrist grab) | |
| ___/___() | 14. REPEATING MACE (front left step through push) | |
| ___/___() | 15. SHIELDING HAMMER (front left roundhouse punch) | |
| ___/___() | 16. STRIKING SERPENT'S HEAD (front bear hug arms free) | |
| ___/___() | 17. LOCKED WING (rear right hammerlock) | |
| ___/___() | 18. OBSCURE WING (right flank left shoulder grab) | |
| ___/___() | 19. REVERSING MACE (front left step through punch) | |
| ___/___() | 20. THRUSTING PRONGS (front bear hug arms pinned) | |
| ___/___() | 21. TWISTED TWIG (front wrist lock) | |
| ___/___() | 22. OBSCURE SWORD (right flank left shoulder grab) | |
| ___/___() | 23. RAINING CLAW (front right uppercut punch) | |
| ___/___() | 24. CRASHING WINGS (rear bear hug arms free) | |

FORMS & SETS & BASICS

LONG FORM #1

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 ___/___() ___/___()
starting date finishing date

KICKING SET #1

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 ___/___() ___/___()
starting date finishing date

Stances

Reverse Bow
Wide Kneel
Close Kneel

Strikes

Thrusting Heel Palm
Upward Elbow
Back Elbow
Obscure Elbow
Underhand Reverse Handword

Finger Techniques

Inward Horizontal Claw
Horizontal Finger Thrust
Horizontal Whip

Kicks

Front Knee
Front Stomp
Shuffle Kicks

Blocks

Inside Downward Palm up
Inside Downward Palm down

Parries

Inward
Outward

Foot Maneuvers

Switch
Cover

Pledge:

“I understand that I am but a beginner in a new and fascinating art which will direct me to greater obligations and responsibilities. To honor my obligations and responsibilities I pledge myself to serve my instructor, fellow students and fellow men.”